

# SOCIAL DISTANCING: What does it mean?

ALABAMA  
PUBLIC  
HEALTH

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings, and canceling events.

## AVOID

- Group gatherings
- Sleepovers
- Playdates
- Crowded retail stores
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

## USE CAUTION

- Visit a grocery store
- Get take-out
- Pick up medications
- Play tennis in a park

## SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favorite show
- Check on a friend
- Check on an elderly neighbor